

CLAIMS

I claim:

1. An exercise system comprising:

a body member being adapted for snugly fitting around a portion of a user;

a plurality of pockets being coupled to said body member, each of said pockets having a flap for securing to a front panel of each said pockets such that said flap is for closing each of said respective pockets; and

a plurality of weight members each being selectively insertable into each of said pockets such that said weight members are adapted for changing the weight resistance against muscles of the user when said body member is fitted around a portion of a user.

2. The exercise system as set forth in claim 1, wherein said body member inwardly tapers from an upper edge to a lower edge such that said body member is adapted for fitting a thigh of the user.

3. The exercise system as set forth in claim 2, further comprising:

a pair of support straps being coupled to said body member such that each of said support straps is releasably coupled to itself

for adjustably securing said body member to the thigh of the user, a first of said support straps being positioned proximate said upper edge of said body member, a second of said support straps being positioned proximate said lower edge of said body member.

4. The exercise system as set forth in claim 3, wherein each of said support straps has a buckle coupled to an end of said support strap, each of said support straps being for extending through said respective buckle and cinched back and secured to itself for ensuring securment of said body member to the thigh of the user.

5. The exercise system as set forth in claim 1, said body member is substantially planar having first end and a second end, said first end having a first fastener portion for releasably securing to a second fastener of said second end, said body member being adapted for securing around an ankle of a user.

6. The exercise system as set forth in claim 5, wherein said first fastener comprises a first portion of hook and loop fastener, said second fastener comprising a second portion of hook and loop fastener such that said first portion of hook and loop fastener is complimentary to said second portion of hook and loop fastener for releasably securing said first end to said second end of said body member.

7. The exercise system as set forth in claim 1, wherein said body member inwardly tapers from an trailing edge to a leading edge such that said body member is adapted for fitting a forearm of the user.

8. The exercise system as set forth in claim 7, further comprising:

a pair of cinch straps being coupled to said body member such that each of said cinch straps is releasably coupled to itself for adjustably securing said body member to the forearm of the user, a first of said cinch straps being positioned proximate said trailing edge of said body member, a second of said cinch straps being positioned proximate said leading edge of said body member.

9. The exercise system as set forth in claim 8, wherein each of said cinch straps has a cinch buckle coupled to an end of each of said cinch straps, each of said cinch straps being for extending through said respective cinch buckle and cinched back and secured to itself for ensuring securment of said body member to the forearm of the user.

10. The exercise system as set forth in claim 8, wherein said plurality of pockets comprises a pair of pockets being coupled to said body member, a first of said pockets being coupled proximate a leading edge of said body member, a second of said pockets being coupled to said body member proximate said trailing edge of said body member such that said second of said pockets is adapted for being positioned on an opposite side of the forearm of the user from said first of said pockets, said pockets being adapted for spreading the weight from said weight members evenly over the forearm of the user.

11. The exercise system as set forth in claim 1, wherein said body member has a leg opening, a heel opening and a toe opening

such that said body member is adapted for inserting a foot of the user to position said body member over an ankle of the user.

12. The exercise system as set forth in claim 11, wherein at least one of said pockets is positioned above the ankle of the user for preventing said pocket from rubbing on the ankle of the user.

13. The exercise system as set forth in claim 1, wherein said body member has a pair of arm openings, a head opening and a torso opening such that said body member is adapted for receiving a torso of a user, said body member comprising a back panel and a front panel, said back panel being adapted for covering a back of the user, said front panel being adapted for covering a front of the user.

14. The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said back panel of said body member between said pair of arm opening, said weight members in said pockets being adapted for being positioned over shoulder blades of the user for exerting weight resistance to the shoulders of the user.

15. The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said back panel of said body member below said arm openings, said weight members in said pockets being adapted for providing weight resistance to a lower back of the user.

16. The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said front panel of

said body member between said arm openings, said weight members in said pockets being adapted for providing weight resistance to pectoral muscles of the user.

17. The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said front panel of said body member below said arm openings, said weight members in said pockets being adapted for providing weight resistance to the muscles of an abdominal area of the user.

18. The exercise system as set forth in claim 1, wherein said weight members comprise a flexible material such that said weight members are adapted for conforming to a surface area of the user for preventing said weight members from rubbing against the user.

19. An exercise system comprising:

a first body member being adapted for snuggly fitting around a portion of a user;

a plurality of pockets being coupled to said first body member, each of said pockets having a flap for securing to a front panel of each said pockets such that said flap is for closing each of said respective pockets; and

a plurality of weight members each being selectively insertable into each of said pockets such that said weight members are adapted for changing the weight resistance against muscles of the user when said first body member is fitted around a portion of a user;

wherein said first body member inwardly tapers from an upper edge to a lower edge such that said first body member is adapted for fitting a thigh of the user;

wherein a pair of support straps being coupled to said first body member such that each of said support straps is releasably coupled to itself for adjustably securing said first body member to the thigh of the user, a first of said support straps being positioned proximate said upper edge of said first body member, a second of said support straps being positioned proximate said lower edge of said first body member;

wherein each of said support straps has a buckle coupled to an end of said support strap, each of said support straps being for extending through said respective buckle and cinched back and secured to itself for ensuring securment of said first body member to the thigh of the user;

wherein said weight members comprise a flexible material such that said weight members are adapted for conforming to a surface area of the user for preventing said weight members from rubbing against the user;

wherein said second body member is substantially planar having first end and a second end, said first end having a first fastener portion for releasably securing to a second fastener of said second end, said second body member being adapted for securing around an ankle of a user;

wherein said first fastener comprises a first portion of hook and loop fastener, said second fastener comprising a second portion of hook and loop fastener such that said first portion of hook and loop fastener is complimentary to said second portion of hook and loop fastener for releasably securing said first end to said second end of said second body member;

wherein said third body member inwardly tapers from an trailing edge to a leading edge such that said third body member is adapted for fitting a forearm of the user;

wherein a pair of cinch straps being coupled to said third body member such that each of said cinch straps is releasably coupled to itself for adjustably securing said third body member to the forearm of the user, a first of said cinch straps being positioned proximate said trailing edge of said third body member, a second of said cinch straps being positioned proximate said leading edge of said third body member;

wherein each of said cinch straps has a cinch buckle coupled to an end of each of said cinch straps, each of said cinch straps being for extending through said respective cinch buckle and cinched back and secured to itself for ensuring securment of said third body member to the forearm of the user;

wherein said plurality of pockets comprises a pair of pockets being coupled to said third body member, a first of said pockets being coupled proximate a leading edge of said third body member, a second of said pockets being coupled to said third body member proximate said trailing edge of said third body member such that

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said second of said pockets is adapted for being positioned on an opposite side of the forearm of the user from said first of said pockets, said pockets being adapted for spreading the weight from said weight members evenly over the forearm of the user;

wherein said fourth body member has a leg opening, a heal opening and a toe opening such that said fourth body member is adapted for inserting a foot of the user to position said fourth body member over an ankle of the user;

wherein at least one of said pockets is positioned above the ankle of the user for preventing said pocket from rubbing on the ankle of the user;

wherein said fifth body member has a pair of arm openings, a head opening and a torso opening such that said fifth body member is adapted for receiving a torso of a user, said fifth body member comprising a back panel and a front panel, said back panel being adapted for covering a back of the user, said front panel being adapted for covering a front of the user;

wherein said plurality of said pockets are positioned on said back panel of said fifth body member between said pair of arm opening, said weight members in said pockets being adapted for being positioned over shoulder blades of the user for exerting weight resistance to the shoulders of the user;

wherein said plurality of said pockets are positioned on said back panel of said fifth body member below said arm openings, said

weight members in said pockets being adapted for providing weight resistance to a lower back of the user;

wherein said plurality of said pockets are positioned on said front panel of said fifth body member between said arm openings, said weight members in said pockets being adapted for providing weight resistance to pectoral muscles of the user;

wherein said plurality of said pockets are positioned on said front panel of said fifth body member below said arm openings, said weight members in said pockets being adapted for providing weight resistance to the muscles of an abdominal area of the user.